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WOZNIACKI WINS RAIN-SOAKED ROGERS CUP FIRST TITLE {page 25}

REUNION, AS COUGARS ANISTON JOINS COX {page 17}

OTTAWA metro®
Tuesday, August 24, 2010
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G20 arrestees flood Toronto court

Hundreds appear to have charges heard from arrests at June summit Many of the cases dismissed Proceedings believed to be one of the largest mass court appearances in the city's history

A group of 303 people charged with G20-related offences was whittled down yesterday as many of the accused that flooded a Toronto courthouse had their charges withdrawn.

A crush of accused and their family members descended on the west-end courthouse almost two months after a small but violent group of people dressed in black broke free of a peaceful summit protest, setting police cars ablaze and vandalizing banks.

The majority of people who appeared yesterday were arrested June 26 at a protest at the Ontario legislature, several blocks from the chaotic scenes that unfolded just hours earlier in downtown Toronto, police said.

The hundreds of accused were spread over three small courtrooms, where they crammed onto the few benches. There were long lineups snaking through the hallways as people waited to be called.

Once people were before the court their cases were dealt with briskly in one courtroom, but some dragged on for almost an hour in another. Many were adjourned to dates in September and October, and other appearances were quickly over with one word from the Crown attorney: "Withdrawn."

THE CANADIAN PRESS

SuperEx. Hi there

▶ Animal trainer Nikki Sharpe, with the Bowmanville Zoo, feeds Peter, a 13-year-old ring-tailed lemur, yesterday. Peter is part of the zoo's Savage Theatre show, which talks about how animals and humans have related to each other over time.

TIM WIECLAWSKI/METRO OTTAWA

Savage Theatre show a wild addition to SuperEx

World

Deadly end to hostage situation

Gunman kills 8, wounds 7 tourists on bus in Philippines {page 6}

Tiger's divorce finalized

Woods' turbulent year continues {page 25}

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1 news

Voting gets more accessible

For possibly the first time in his life, Bob Brown will be able to cast a truly private ballot in the upcoming municipal election.

Brown was in a car accident when he was 18, and now uses a wheelchair and has limited use of his hands.

He is now in his 50s, and for most of his life, he has needed someone to go around the voter's screen to mark the ballot for him.

This year, Ottawa voters who require help can access a voter assist terminal, which will allow them to mark their ballots on their own.

170 **Around 170 stations will be available around the city. Each advanced poll will have them, as well as polls at long-term care facilities and seniors residences on election day.**

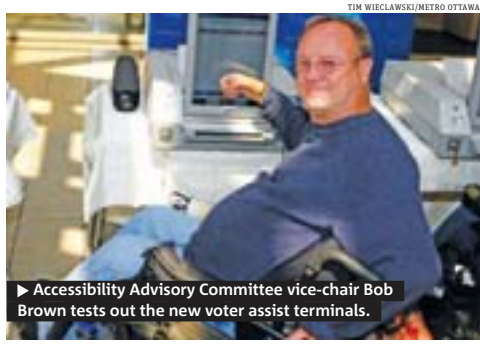
Penny Leclair, who is blind and deaf, will be able hook the machine up to her cochlear implant so she will be able to hear that she is making her vote correctly.

"An independent vote is something other people have," she said.

"We've never really had complete independence until this machine, so it's exciting."

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA



▶ Accessibility Advisory Committee vice-chair Bob Brown tests out the new voter assist terminals.

Transport board OK's more pathways

The cost of the projects is slated to be split between National Capital Commission and city Estimated cost of proposed pathways is $7.7M

TIM WIECLAWSKI
@METRONEWS.CA

Some of the missing links in Ottawa's multi-use pathway system could finally be getting filled in.

Yesterday, the city's transportation committee approved a motion to enter into negotiations with the National Capital Commission to share the cost of building five new pathways, mostly located within a 20-minute bike ride of Parliament.

The pathways will be exclusively for pedestrians and bicycles.

1,200 **Kilometres of new bike lanes, multi-use pathways and paved shoulders in the Ottawa Cycling Plan.**

New paths

- **Champagne/O-Train Corridor ($3.2 million)** would follow the O-Train corridor on its east side from the Ottawa River to Prince of Wales Drive.
- **Rideau River Western Pathway ($1.5 million)** would follow the western bank of the Rideau River between Bank Street and the University of Ottawa campus on Lees Avenue.
- **Sawmill Creek/LRT Corridor Pathway ($1.2 million)** would connect two pathways between Hunt Club and Heron Road.
- **Hampton Park Pathway ($400,000)** would act as an alternative to Carling Avenue.
- **Aviation Pathway ($1.4 million)** would follow the Hydro Ottawa corridor connecting the Prescott-Russell Pathway.

TIM WIECLAWSKI/METRO OTTAWA

▶ The dirt trail on the western bank of the Rideau River in Brantwood Park is considered a missing link in Ottawa's multi-use use pathway network.

News on the move

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On the web at metronews.ca

Backbeat showcases the kings of dancehall reggae at metronews.ca/blogs

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Italian canine lifeguards doggie-paddle to the rescue.

Maguire launches campaign

Dark horse mayoral candidate Mike Maguire will officially launch his campaign tonight at Liam Maguire's Pub on St. Laurent Boulevard.

Light snacks will be provided starting around 5 p.m. Maguire will make a quick speech at 6 p.m. discussing tax relief, surface rail and language fairness.

The evening is promised to be "quite entertaining," said Maguire.

Even though he was among the first candidates to register, he is the last to officially launch his campaign.

14 **The number of candidates registered to run for mayor.**

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA

▶ Mayoral candidate Mike Maguire

News in brief

Charges laid in Elmsmere arson

DAMAGE. An Ottawa woman has been charged with arson endangering life in relation to a fire in the 800 block of Elmsmere Street Sunday. Damage was estimated at $2,500. Tanya Massey, 42, has been charged.

Two hurt in fire at RCMP HQ

ELECTRICITY. Two men in their mid-20s were hurt following an electrical fire at the national RCMP headquarters yesterday. Just after 2 p.m., a worker accidentally cut into a power line. One suffered minor electrical burns to the hands and face, and both suffered smoke inhalation. TRACEY TONG

Proud to bring communities together

Police breakfast encourages open dialogue between Ottawa police and city's communities, says inspector

TRACEY TONG
@METRONEWS.CA

TRACEY TONG/METRO OTTAWA

▶ Community co-chair of the Ottawa Police Service GLBT liaison committee Marion Steele and Ottawa police Insp. Joan McKenna helped to unveil the Capital Pride flag at the Ottawa police headquarters yesterday.

Capital Pride may be well underway, but Pride Week, which kicked off yesterday, gave extra meaning to the festivities with a few special events.

Groups, including city paramedics and police, showed their support for the GLBTTQ community with flag raisings and a charity breakfast.

Events like this are important, said community co-chair of the Ottawa Police Service GLBT liaison committee Marion Steele.

"It brings everyone to an even playing field."

Pride Week features a full roster of activities open to the general public, said for Capital Pride vice-chair Brodie Fraser.

In its 25th year, Capital Pride has more programming than previous years, with highlights including the 11th annual Capital Pride Rainbow Party and the Capital Pride Parade.

"It's an opportunity for members of the GLBT community to come together with police individuals to create an understanding and foster a climate of working together and of dialogue."
INSP. JOAN MCKENNA

The parade, which draws tens of thousands of people annually, starts at 1 p.m. Sunday and proceeds down Wellington Street to city hall. A fair and an exhibit of memorabilia from the last 25 years of Capital Pride will be held at city hall following the parade.

FATAL STABBING

Police confirm year's 9th homicide

Police confirmed yesterday morning that a suspicious death in Vanier over the weekend is the city's ninth homicide of 2010.

The Ottawa Police Service Major Crime Section identified the victim as 36-year-old Jennifer Leigh Stewart of Ottawa.

Autopsy results released yesterday showed that Stewart died as a result of stab wounds.

Her body was found in a parking lot in the 100 block of Alice Street on Friday.

Police canvassed the neighbourhood over the weekend, but there have been no arrests so far.

The investigation is ongoing.

TRACEY TONG

Donations sought for needy kids

About 5,000 kids in the Ottawa area will return to the classroom without basic school supplies, said Child and Youth Friendly Ottawa. Through its Tools4School program, the organization is looking for donations of new and gently used school supplies and financial donations. Donation locations are listed at cayfo.ca.

TRACEY TONG

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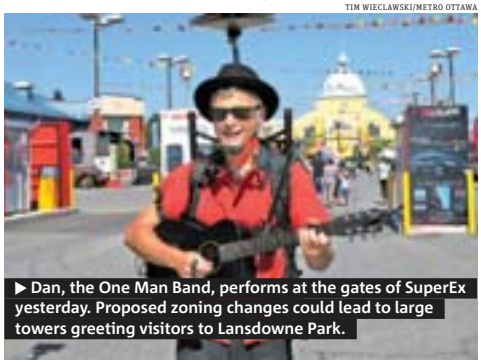
Oversight delays park discussion

- Lansdowne Park rezoning deferred until Sept. 14
- City failed to provide required 10 days' notice

TRACEY TONG
@METRONEWS.CA

TIM WIECLAWSKI/METRO OTTAWA



▶ Dan, the One Man Band, performs at the gates of SuperEx yesterday. Proposed zoning changes could lead to large towers greeting visitors to Lansdowne Park.

Plans to discuss the rezoning of Lansdowne Park at today's planning and environment committee have been tabled until Sept. 14 in order to give community groups and residents extra time to examine the report, said committee chair Coun. Peter Hume.

The rezoning was originally one of the items on the agenda, but due to an administrative error, the city missed the statutory notice obligations, to the outrage of some residents.

If the hearing on the rezoning had gone ahead, "the objectivity and honesty of city hall (would be) called into question," said resident Enid Parry.

"We're required under our official plan to give notice and to provide the report to individuals at least 10 calendar days before the meeting," Hume said. "Community groups didn't have it in time."

The meeting will offer a high-level overview of the proposed rezoning, but there will be no debate, motions, delegations or formal consideration of the report.

The rezoning would implement the Lansdowne Partnership Plan, including the stadium, urban park and mixed-use area that were approved in June.

Deli. Demolition

▶ Demolition crew member Jake Como watches as Nate's Deli is torn down.

TRACEY TONG/METRO OTTAWA

Nate's knocked down

Demolition began yesterday on a historical downtown landmark. Nate's Deli closed its doors on Rideau Street earlier this year as it celebrated its 50th anniversary. The family-owned delicatessen, known for its smoked meat and frequented by politicians and downtown dwellers alike, will reopen in a new location.

Club offers clinics to help curb drownings

A large number of drownings across the province this summer has prompted the Ottawa Athletic Club to offer free swim clinics to all adults and children this fall.

An hour in duration, the clinics run Saturdays and Sundays. Programs include Red Cross Preschool, Red Cross Swim Kids and Aqua Teens and Aqua Adults.

There have been a large number of drowning deaths in Ontario this summer. Last week, a 19-year-old Ottawa woman drowned in Dalhousie Lake, and last month, a toddler drowned in a backyard pool in Orleans.

TRACEY TONG

Clinic dates

- The Ottawa Athletic Club will be offering its free clinics from Sept. 6 through Oct. 3.

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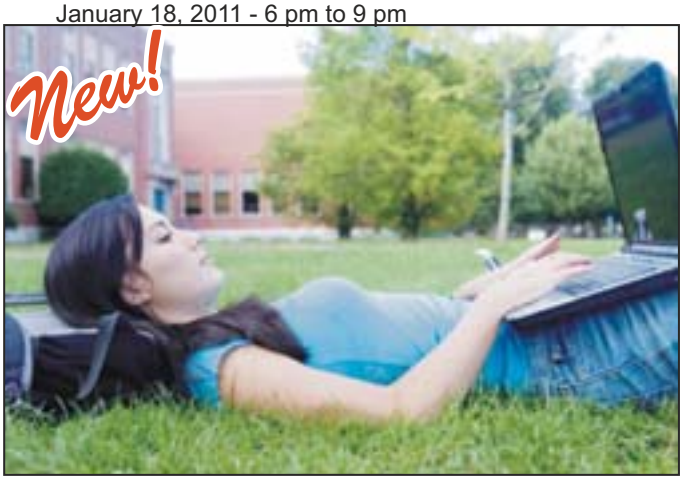

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Hostage-taker kills eight in Philippines

- Two survivors in serious condition
- Remaining five under observation
- Hong Kong issues travel warning

A 12-hour hostage drama aboard a hijacked Philippine bus ended in bloodshed yesterday when an angry ex-policeman demanding his job back gunned down eight Hong Kong tourists before police stormed the vehicle and a sniper killed him.

At least seven captives survived, four of whom were seen crawling out the back door of the bus after Philippine police stormed it yesterday evening when the hostage-taker started shooting at the 15 Chinese tourists inside, said police Senior Superintendent Nelson Yabut.

He said the hostage-taker was killed with a sniper shot to the head after he wounded a police sharpshooter.

THE ASSOCIATED PRESS

Police rescue

- Police sharpshooters took positions around the white-blue-red bus, and the road was sealed off, with ambulances and fire trucks positioned nearby. Police brought in food for the hostages as well as fuel so that the air conditioning unit can keep running as the outside temperature reached about 32 C.
- The standoff was covered live on television. The curtains on the bus windows were drawn and two police negotiators could be seen walking to and from the bus and communicating with Mendoza from the window near the driver's seat.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

▶ A hostage is rushed to a hospital yesterday following a rescue operation by police at Rizal Park in Manila, Philippines.

Workers scramble to plug levees in Pakistan

Emergency workers worked frantically yesterday to shore up a system of levees protecting two southern Pakistani cities from floodwaters that have devastated wide swaths of the country.

The floods, which began nearly a month ago with hammering rains in the country's northwest, have destroyed or damaged 1.2 million homes and affected 17.2 million people, UN spokesman Maurizio Giuliano said. About 1,500 people have died in the floods, most in first few days, though the scale of the crisis — with immense social dislocation and agricultural destruction — continues to grow.

While the floodwaters are slowly moving toward the Arabian Sea, where they can drain away, the rainfall has been so intense that enormous parts of the country remain submerged.

KEVIN FRAYER/THE ASSOCIATED PRESS

▶ A Pakistani man recites p from the Qur'an as he and others work to reinforce a levee.

In Shadad Kot, in the southern province of Sindh, authorities are increasingly worried that even the 18 kilometres of new levees soldiers have built to protect the city, and Qambar city further to the south, may not hold back the massive floods.

Workers were piling stones and sandbags to plug leaks in the levees, trying to stay ahead of any damage to the defences.

THE ASSOCIATED PRESS

Bus accident

- A bus carrying people fleeing the water plunged into a flooded ravine in Punjab province, and at least 13 people died. Police official Jawed Amjad said the bus, travelling from Karachi to Peshawar, crashed into the ravine about 3 a.m. He said 29 of the 59 passengers were rescued, 13 bodies were recovered and 17 people were missing.

SeaWorld fined for job-safety offences

A U.S. job safety agency fined SeaWorld Orlando $75,000 yesterday for three violations uncovered while investigating the February death of a trainer who was grabbed by a killer whale and dragged underwater.

The Occupational Safety and Health Administration categorized the most serious violation as "wilful," or showing indifference or intentional disregard for employee safety. That citation, carrying was for exposing workers to drowning hazards when interacting with killer whales.

THE ASSOCIATED PRESS

Accused killer pleads not guilty

The backyard mechanic accused of being the "Grim Sleeper" serial killer pleaded not guilty yesterday to murdering 10 women and trying to kill one more person over the course of two decades.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Lonnie Franklin Jr.

Boy, 12, takes truck for long ride

A 12-year-old boy had permission to drive the family pickup truck to the end of the driveway to unload trash, but he kept going until he was stopped nearly 160 kilometres away.

The Clackamas County sheriff's office says it received a call from the boy's mother reporting the boy and the pickup missing from their home in Damascus, Ore., near Portland.

An alert went out, and the eager young driver was safely stopped by a sheriff's deputy in Lewis County, Washington.

THE ASSOCIATED PRESS

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Anne Frank's historic tree topples in rain

EVERT ELZINGA/THE ASSOCIATED PRESS

The monumental chestnut tree that cheered Anne Frank while she was in hiding from the Nazis was toppled by wind and heavy rain yesterday.

The once mighty tree, now diseased and rotted through the trunk, snapped one metre above ground and crashed across several gardens.

It damaged a brick wall and several sheds, but nearby buildings — including the Anne Frank House museum — escaped unscathed. No one was injured, a museum spokeswoman said.

"Someone yelled, 'It's falling. The tree is falling,' and then you heard it go down," said museum spokeswoman Maatje Mostart. "Luckily no one was hurt."

A global campaign to save the chestnut, widely known as The Anne Frank Tree, was launched in 2007 after city officials deemed it a safety hazard and ordered it felled. The tree was granted a last-minute reprieve after a battle in court.

The 150-year-old tree suffered from fungus and moths that had caused more than half its trunk to rot.

Two years ago city workmen encased the trunk in a steel support system to prevent it from falling, but that failed under windy weather yesterday.

THE ASSOCIATED PRESS

Climate change. Protest

▶ Protesters from a Climate Camp stand atop a "siege tower" that was moved toward police lines during a protest near the Royal Bank of Scotland's headquarters in Edinburgh yesterday.

DANNY LAWSON/THE ASSOCIATED PRESS

Twelve arrested in day of mass action by climate protesters in Scotland's capital

An estimated 500 activists set up a Camp for Climate Action behind the Royal Bank of Scotland (RBS) headquarters in Edinburgh five days ago to protest against its reported funding of fossil fuel companies, which the protesters say are destroying the planet.

HUMAN RIGHTS

Canada called a flip-flopper

The new head of Amnesty International says Canada is becoming harder and harder to predict on human rights issues.

Salil Shetty says Canada is now taking different positions in areas such as torture and the death penalty where it has traditionally been progressive.

Amnesty's secretary general said in an interview that Ottawa's refusal to repatriate Omar Khadr is just one example of the shift in Canada's policies.

He also mentioned the rhetoric surrounding the recent arrival in Canada of Tamils aboard a ship.

Shetty was in Montreal to deliver a speech last night at the CIVICUS World Assembly, a gathering of civil society groups.

He began his new Amnesty job last month. THE CANADIAN PRESS

StatsCan under fire for stale data

Reliability of Statistics Canada data has become an unlikely political flash point this summer after a decision by feds to end mandatory census

The forecast from Statistics Canada about its environmental data is cloudy with a chance it's not always up to snuff.

A new report says the agency's environmental statistics aren't nearly as timely or accurate as its social and economic data.

And the "largely ad hoc" way Statistics Canada gathers this data has given policy makers in Ottawa only a smattering of information to work with.

"Such an approach has produced a patchwork of environmental statistics," the report says. "Some parts of the patchwork are of good quality and reported regularly, others less so. Other parts are missing altogether."

Some policies may be served "reasonably well" by this approach, the report adds, "but in no way do existing statistics form a unified system of broad policy relevance."

"As a result, the overall quality of environmental statistics has suffered, frequently lacking one or more of the standard attributes of high quality statistics: Relevance, accuracy, timeliness, accessibility and interpretability."

The Canadian Press obtained the October 2009 report under the Access to Information Act. Canada has given the document to the statistical arm of the United Nations.

The senior official who wrote the report says collecting environmental data is a problem for agencies around the world. THE CANADIAN PRESS

Spotty stats

Greenhouse-gas inventory data is already two years old when Environment Canada gives it to the UN.

- **Numbers don't add up** Agency's emissions data doesn't jibe with greenhouse-gas inventory.
- **Missing data** Public registry of pollutants lists only a portion of emissions from industry.
- **Old data** Some stats are four years out of date.

Engineers expand lifeline

Engineers reinforced a lifeline yesterday to 33 miners entombed deep inside a Chilean gold and copper mine, preparing to keep them supplied with food, water, medicine and communications during the four months it may take to carve a tunnel wide enough to pull them out.

A team of doctors and psychiatric experts also arrived at the remote mine, implementing a plan to maintain the miners' sanity as well.

THE ASSOCIATED PRESS

Former Israeli PM faces trial

Israeli police have recommended that former prime minister Ehud Olmert stand trial on corruption charges for his role in a real estate deal during his time as Jerusalem mayor a decade ago.

Police said yesterday that Olmert is suspected of fraud, breach of trust and taking bribes to promote an apartment project in the city.

Olmert has denied any wrongdoing but stepped down last year to battle the charges.

THE ASSOCIATED PRESS

Congo shaken by gang-rapes

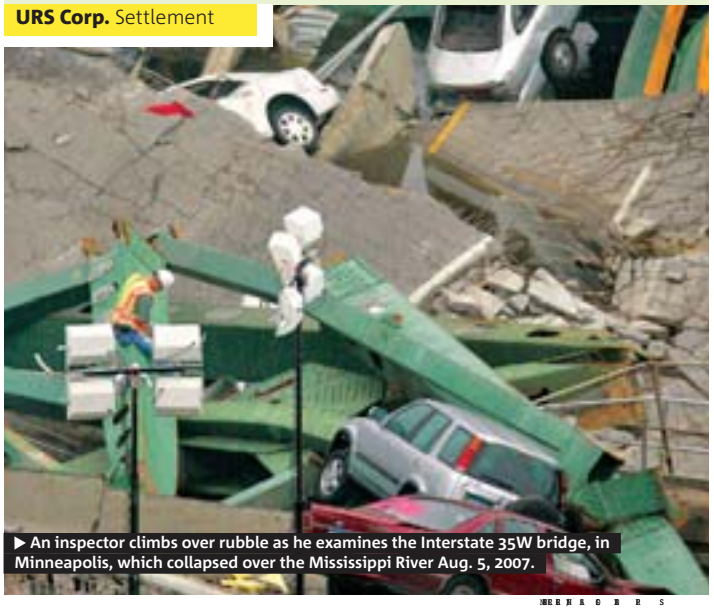
Between 200 to 400 Rwandan and Congolese rebels gang-raped nearly 200 women and some young boys over four days within miles of a UN peacekeepers' base in an eastern Congo mining district.

Will F. Cragin of the International Medical Corps said aid workers knew rebels had occupied Luvungi town in eastern Congo the day after the attack began on July 30.

Health workers have treated 179 women but the number raped could be much higher.

THE ASSOCIATED PRESS

URS Corp. Settlement



▶ An inspector climbs over rubble as he examines the Interstate 35W bridge, in Minneapolis, which collapsed over the Mississippi River Aug. 5, 2007.

REUTERS

Engineering firm to compensate victims

An engineering firm that consulted on the Minneapolis bridge that collapsed in 2007 has agreed to pay $52.4 million US to victims. Thirteen people died and 145 were injured. The firm was accused of missing warning signs in the Interstate 35W bridge before its rush-hour collapse.

Google tests a hidden 'instant regret' button

New feature comes on the heels of a survey done by a PR company to promote the TV movie Going Postal

If you've ever sent an email and instantly regretted it, this is the button you've dreamed of.

Google Labs is testing an "undo" button on Gmail that gives you 30 long seconds to stop an email from reaching your boss, your husband or your soon-to-be-former best friend.

Being a Google Labs feature, it comes with the caveat that it "may break at any time" or "disappear temporarily or permanently."

5

A survey picked up by several newspapers in the U.K. and India contends that one in five people have made an embarrassing email gaffe at work, and one in 20 were reprimanded or fired for that blunder.

It's one of a dozen or more experimental features that users can try out by burrowing into the Settings page on the Gmail Labs website.

The feature, which could also be called the "second thoughts" button, used to give you only five seconds to rewrite your personal history. Now you can tailor it to just how skittish you're feeling each day. TORSTAR NEWS SERVICE

CENSUS CHANGE

Economists against census cut: Survey

A new survey suggests business economists are overwhelmingly opposed to the Harper government's decision to scrap the long-form census.

The Canadian Association for Business Economics says 74 per cent of its members think it's bad policy to replace the obligatory long census with a voluntary survey.

Seventy-one per cent anticipate the quality of data obtained from a voluntary survey will be poorer than that collected from the compulsory census.

And 76 per cent believe the change will negatively affect the analysis done by their group or organization.

Indeed, almost 60 per cent expect they'll have to develop alternative, private sources of data.

Former chief statistician Munir Sheikh, who quit Statistics Canada last month to protest the government's decision to abandon the mandatory long-form census, will address the CABE today. THE CANADIAN PRESS

Market moment

DOLLAR	Natural gas 1,000 cu ft	OIL	TSX
	$4.077 (– 4¢)		
	Gold contracts $1,228.50 (– 30¢)		
– 0.32¢ (95.03¢ US)		– 72¢ US ($73.10 US)	– 3.44 (11,718.63)

PHOTOS AS OF 3 P.M. YESTERDAY

Restaurants to absorb coffee price increase

Caffeine junkies can relax for now — the price of a fix at two of Canada's biggest coffee chains won't increase as wholesale coffee prices hover around 13-year highs — but those who prefer to brew at home will be affected.

The December contract price for high quality Arabica beans — the type favoured in coffee shops – closed at $1.8335 US per pound yesterday at the Intercontinental Exchange. This is the most expensive the beans have been since 1997.

Many large coffee shops choose to eat the costs of raw-material price hikes after weighing the impact on their bottom line, said Sterling Smith, an analyst at Country Hedging Inc.

But consumers should expect to pay more for a jolt of Joe at home, with the price of Folgers and Maxwell House brands on the rise. THE CANADIAN PRESS

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Please bring your resume and 3 business references along with your current passport and 2 photocopies. Only those attending the recruitment session will be considered.

sunwing AIRLINES

AN ANSWER TO AN AGE-OLD QUESTION

She says ...

JESSICA NAPIER

University life presents unique dating circumstances. Students spend their days living, learning and loving in an incubator of co-eds, with the majority of these potential hookup partners falling into the 18-24 age range.

Post-graduation dating becomes much less predictable. A typical downtown watering hole offers a vast selection of ready-to-mingle singles that range from their late teens to the 40-plus crowd. So, while every weekend presents a new opportunity to broaden your dating horizons, it can be difficult to determine whether that cute guy offering to buy you a drink is a baby-faced 30-something or a well-dressed underage gent.

It would be romantic to believe that true love doesn't discriminate based on age, but the reality is often very different.

So, how old is too old and how young is too young?

Chemistry doesn't trump compatibility, so ask yourself if you both want the same things in the relationship. If you're in your early 20s looking to have a casual fling and he's creeping toward 40 and searching for the future mother of his children, then you definitely have a problem.

"Choosing to date someone outside your age group means friends, parents and even strangers are going to have an opinion."

You also have to consider how people might react to your age disparity. Choosing to date someone outside your age group means friends, parents and even strangers are going to have an opinion. Women who go out with someone significantly older are often labelled the gold-digging trophy girlfriend, while those who date younger men are inevitably subjected to the tired old cougar reference (the reference is tired and old … not the women).

In the end, it's not necessarily your numerical age, but your maturity that has a greater impact on the success of the relationship. But if you're still confused on whether your May-December romance is destined to fail, there's always the "half your age plus seven" equation. This simple bit of mating math goes as follows: Divide your current age by two and then add seven, the number you are left with is the absolute youngest age you're allowed to date before it becomes indecent.

According to this not-so-scientific dating formula, a 24-year-old woman shouldn't date a man younger than 19.

Then again, dating someone over the legal drinking age should be a no-brainer for anyone who enjoys an overpriced cocktail on a Friday night.

Cartoon

MICHAEL DE ADDER

Channelling some reality

Letters & Tweets

We asked: What reality TV show would you like to go on?

TORONTO. I would like for Extreme Makeover Home Edition to go on for a long, long time.

It's one of those shows that leaves me teary eyed every episode.

All are true and very touching.

JHOBELL KRISTYL

TORONTO. The reality show I would most like to be on is Big Brother.

TAMMY SPURVEY

TORONTO. The Aug. 17 article about Wi-Fi is scientifically silly. Prof. Magda Havas is only moving on to claims about Wi-Fi because nobody wants to spread another silly story about cellphones.

Radio waves from either Wi-Fi or cellphones are not harmful radiation. They are in a range of energy that can't break one chemical bond, no matter how many millions of waves there are.

To a scientist, it's as silly as saying seven people can each jump one foot high, therefore they should be given an Olympic medal because that adds up to seven feet.

Radio waves can't be put in the same league as what the layperson normally thinks of as radiation.

PIERRE SAVOIE

Your dream homemakers

GETTY IMAGES FILE

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Metro Minute at Chateau Laurier

TRACEY TONG/METRO OTTAWA

▶ The Chateau Laurier tea room offers an escape from the everyday grind.

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The next time you're feeling up to a bit of pampering, escape reality (and the throngs of tourists and downtown workers) with a visit to Ottawa's own castle.

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2 scene

HANDOUT PHOTO

▶ The colourful world of Pandora and its blue-tinged Na'vi humanoids are back in Avatar: Special Edition.

Avatar born again, with extra footage

James Cameron's global smash returns to theatres Friday ● Re-release will benefit those 'who wanted to see movie in 3-D but didn't get chance'

Before he takes moviegoers deep beneath the Pandoran sea, James Cameron hopes they'll go for an extended tour of the fictional planet he introduced in Avatar.

Avatar: Special Edition, which includes nine minutes of new footage, opens in 3-D theatres worldwide Friday.

"I'm trying to use the technology to keep people interested and enthused about the Avatar universe, because it's going to be a long time before we get another Avatar movie done," the filmmaker said in a recent interview.

Cameron, 56, already has plans for the Avatar sequels.

He's also got a submarine to build, cameras for the Mars rover to design, an underwater 3-D camera to upgrade and maybe even an ocean-related feature to make.

But first, he had to select and perfect new Avatar footage and persuade distributor 20th Century Fox to rerelease the film theatrically in 3-D.

Cameron said there are "hundreds of thousands, if not millions" of people who wanted to see the movie in 3-D but didn't get the chance because Avatar was edged out of 3-D theatres by other scheduled 3-D releases. Since then, the number of available 3-D screens has doubled internationally, he said.

Fox executives said in a statement that they have been "inundated with requests to rerelease the film in theatres in 3-D" since it wrapped its original run in March.

Avatar boasts the biggest box-office take in history, collecting $2.7 billion worldwide.

Bringing the movie back to the big screen is an experiment inspired by initial fan response to the movie, Cameron said.

"We're rewriting the contract between humans and screens. The whole world is defined by humans watching screens — we watch screens at work, we watch screens for entertainment — and we're changing it.""
JAMES CAMERON

"It was the most pirated film in history at the same time it was the most attended film in movie theatres," he said, adding that some who saw the movie on DVD or on their computer screens may want to enjoy it in all its big-screen, 3-D glory.

The new footage is sprinkled throughout the movie. One bit focuses on the death of one of the planet's native humanoids, the tailed, blue Na'vi. His death is hinted at in the original film, but in the extended version, "We actually see him die," Cameron said.

"Not like he splats to the ground, but how they gather around him afterwards," he said. "It's this big emotional scene and it's actually the best CG we did in the whole movie."

Another scene follows a hunt for one of Pandora's bizarre creatures in a "rousing action-adventure, pulse-pounding kind of scene," he said.

The extended version will appear on a special-edition DVD to be released in November. It will also include a more expanded, "alternate reality version" of the film that is 16 minutes longer than the original, Cameron said.

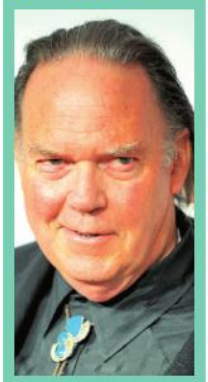
He has already begun technical development on an Avatar sequel that will focus on the planet's ocean environment.

"I love diving," he said, "and if I'm making this movie, I'm not going to be diving as much as I'd like, so I'm going to give myself a kind of methadone fix by doing fantasy ocean."
THE ASSOCIATED PRESS

Cameron's plans

- Cameron plans to explore the Pacific's Mariana Trench in a two-seater sub that can go 36,000 feet below the surface. He's working on upgrading his 3-D underwater camera and is helping build a space-age 3-D camera for the new Mars rover, Curiosity. "You'll be able to see Mars going by, in 3-D," he said.
- He's also working on a 3-D conversion of Titanic, which he hopes to release in April 2012, the 100-year anniversary of its sailing and sinking.

In brief



Neil Young's new album has a title: Le Noise. In a Facebook post, the Toronto-born rocker says the record will be released Sept. 28. The album will also be available in in the form of an iPhone app.
THE ASSOCIATED PRESS

"The app will be free. It gives you an interactive album cover. Forgive my use of the word 'album'. I am old school."
NEIL YOUNG

Defence presents video in which Anna Nicole Smith denies drug use at awards show

DVD Releases this week Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ | Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Plan? What plan?

The Back-Up Plan
Genre: Romance/Comedy
Director: Alan Poul
Stars: Jennifer Lopez, Alex O'Loughlin
◍½

What are the odds of there being two romantic comedies in one year about the wacky antics of sperm-seeking mama wannabes?

They're not that long, actually, given Hollywood's copycat tendencies. Far less certain is the likelihood of Jennifer Lopez getting another headlining rom-com gig after stumbling through this formula filmmaking, which makes current baster yukster The Switch seem like comic genius in comparison.

From the meet cute beginning to the obvious ending, it's almost painful to watch this leaden procession of pregnancy clichés, directed by TV's Alan Poul. J-Lo's lack of rapport with Aussie leading man Alex O'Loughlin is palpable.

Her Zoe can't wait to find a "penis partner" to get pregnant; his Stan walks around without a shirt a lot and has pretensions to becoming an organic farmer.

Their on-again, off-again courtship theatrics make viewing this as much fun as a 2 a.m. diaper change. The supporting cast doesn't help much, particularly Robert Klein as a far too mouthy doctor. There's also a surprising amount of profanity.

Extras include deleted scenes and a making-of featurette. ◍ PETER HOWELL

City Island
Genre: Comedy
Director: Raymond De Felitta
Stars: Andy Garcia
◍◍½

In this strained comedy by Raymond De Felitta (Two Family House), Andy Garcia heads an Italian-American family in the Bronx enclave of City Island.

Garcia's Vince Rizzo, a prison guard, is secretly taking weekly acting lessons in Manhattan. He's convinced his wife Joyce (Julianna Margulies) will mock him if he admits this.

So instead he lies that he's going gambling, which infuriates Joyce and leads her to suspect that he's really having an affair.

Vince actually does have a secret that really is a problem for him. He recognizes an inmate named Tony (Steven Strait) as his long-lost son, the one he abandoned years ago when he skipped out on his mother.

Does he come clean and man up about his past mistakes? No, he goes a little crazy, along with the rest of his family. They're all too crazy to be believed or enjoyed. ◍ PETER HOWELL

The Square
Genre: Thriller
Director: Nash Edgerton
Stars: David Roberts
◍◍◍

The Square is a well-plotted Aussie drama that you could call a thriller, if the various characters in it were capable of any serious intrigue. Ray (David Roberts) is in charge of the construction of a honeymoon resort. He may have been an honest man before, but his affair with neighbour Carla (Claire van der Boom) and his desperation for fast cash have weakened his resolve.

Carla is working her own scam. Her ex-jailbird husband Greg (Anthony Hayes) has stashed a bag of money in the rafters of their house. She gets Ray involved in a scheme to torch the place after she steals the dough, so Greg won't think she stole it.

Things go desperately awry when people start meddling, others get greedy and still others get their wires crossed.
◍ PETTER HOWELL

love of all things football

Everything Kenny Chesney needed to know about dominating country music he learned from football.

Whether he's firing up the tour bus or heading into the studio, he uses the principles he learned while playing at Gibbs High School outside Knoxville. This epiphany came to Chesney while he was recording for his latest album, Hemingway's Whiskey, and eventually grew into the documentary film Boys of Fall, which airs on ESPN this Sunday.

"It's no different if you're playing football, if you're on the road like I am, if you're running a company," Chesney said. "Everybody's got to work together if they want to achieve something that's special."

Chesney's documentary started out as a simple video shoot for the single, The Boys of Fall. He followed friend and New Orleans Saints coach Sean Payton to the coach's hometown in Napierville, Ill.

It was a special experience and Chesney started to think about all the sports figures he has become friends with over the years.

"That's when I thought it might be cool for me in my year off I took from the road to go around and talk to these people and see what we get," Chesney said. "It ended up being one of the best journeys of my life."

TACKLEBOX FILMS/THE ASSOCIATED PRESS

▶ Country star Kenny Chesney, right, poses with Sean Peyton, head coach of the New Orleans Saints.

Chesney's journey took him to places like Hattiesburg, Miss., where he had barbecue at Brett Favre's house, Tuscaloosa, Ala., and Austin, Texas. He met with the giants of the game — Bill Parcells, Peyton Manning, Nick Saban, Bobby Bowden, John Madden — but also spent time filming peewee players in Nashville.

There were fun moments: "John Madden cooked what is the equivalent of Thanksgiving and Christmas dinner together for us. He told me when I walked in there, 'When it comes to cooking I can take Brett Favre to the woodshed.'"

But he also came away with experiences that had a larger impact on him than he could ever imagine.

"Listening to those guys talk about the heart of and the emotions and everything that goes into loving people and living life and trying to get the most out of it and how it all relates to football, it stops and makes you think and look at your own life," Chesney said.

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GETTY IMAGES

▶ Black Sabbath band members from left, Ozzy Osbourne, Bill Ward, Tony Iommi and Geezer Butler.

Sabbath celebrates anniversary of first two landmark releases

The members of the groundbreaking heavy metal outfit are still eyeing their future

Even as Black Sabbath celebrates the 40th anniversary of their first two landmark releases, the members of the groundbreaking heavy metal outfit are still eyeing their future.

And it seems as though another tour with the original lineup — vocalist Ozzy Osbourne, guitarist Tony Iommi, bassist Geezer Butler and drummer Bill Ward — might not be out of the question.

"It'd be just nice to do one final, big Sabbath tour because we didn't really play that many places when we got together for the last reunion (in 2005)," Butler said in a telephone interview from California.

"We've never played Japan as the original band and we haven't played Australia since the '70s. There's a lot of places in eastern Europe that didn't even exist when we were going the first time around, so there's loads of places we'd like to play as the original band. So hopefully we'll do it."

"It'd be nice to do the tour while we're still alive."

This summer marked the release of Classic Albums: Paranoid, a DVD/Blu-ray that examines the backstory of Sabbath's influential 1970 disc through newly unveiled live footage and fresh interviews with the group.

Those interviews proved challenging for the affable Butler, who admits he "can't remember anything about" those early days.

The release features exhaustive track-by-track analysis of the seminal release along with appropriately reverential interviews with fans, industry peers (including Henry Rollins) and the record's engineer.

While serious Sabbath devotees might already know much of the information revealed on the disc, more casual fans might find more surprises — including the accelerated timeline in which these enduring documents were created.

The band recorded its self-titled debut album and Paranoid — which yielded such classic singles as War Pigs, Iron Man and the throttling title track — within a dizzying six-month span. THE CANADIAN PRESS

Gzowski bio shows radio host's dark side

A new biography of beloved broadcaster Peter Gzowski paints a portrait of a brilliant man who hid a private dark side, including depression, alcoholism, and a secret son from an affair.

"He was among an elite (group) of radio hosts who could engage all these listeners, and keep them interested. He could interview intelligently, he could interview in a funny way, he could go from a light interview to a serious interview. He had enormous talent," said R. B. Fleming, whose book, Peter Gzowski: A Biography (Dundurn Press), hits stores this week.

"It came as a shock to me, that there was another Peter, a much darker Peter, a side which rarely revealed itself."

Fleming's book shines a light on that dark side of Gzowski, examining the broadcaster's struggles with alcoholism, loneliness and depression following the failure of his short-lived TV show 90 Minutes Live and the death of his father in the 1970s. THE CANADIAN PRESS

▶ Peter Gzowski.

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Unique set of roommates

Being Human moves to Cardiff, Wales for third season Catch up on past two seasons on Space

Being Human focuses on a vampire, a werewolf and a ghost.

So a vampire, a werewolf and a ghost move in together …

It sounds like the set-up for a really bad joke. Or worse, a derivatively familiar premise for the next big American network Twilight rip-off youth-market drama.

Which it in fact is. But before Being Human was optioned for adaptation as an American series, it was a uniquely compelling, character-driven tragicomedy … about a vampire, a werewolf and a ghost.

The supernatural series gets a special showcase this week on Space, running all six of its first-season episodes, starting last night and continuing through Friday.

It starts over from the pilot again in a weekly slot, Thursdays at 10 p.m. EST, starting Sept. 16, with the second season of six following Oct. 28. A third season is currently in production in Wales.

"It's different, isn't it?" allows Russell Tovey, who portrays the most conflicted of the three monstrous roomies — and the only one with an actual pulse — as the reluctant werewolf, George, in the British original.

"It sounds like a kids' show, which it definitely isn't," he says, calling in during a lunch break on the Being Human set.

Neither is it merely a monster mash. "It's really more the human side of it," the actor insists, "rather than concentrating on the supernatural.

"It's almost inconsequential to these people, who are just trying to be human."

In fact, in its initial stages, the three central characters were mere mortals. "It was just about a flat-share," Tovey reveals. "George (the werewolf) just had rage issues, and was agoraphobic and painfully shy, and Mitchell (the vampire) was a drug addict and a sex addict.

"But it wasn't working. So they changed them to a werewolf and a vampire, and Annie the ghost … but they're still rooted in those metaphors. It works on different levels for different people."

For the Being Human writers and creators, it was an opportunity to indulge their nerdier inclinations — all but one come fresh off the revitalized Doctor Who franchise, as do episodic actors Tovey and his phantom flatmate, Lenora Crichlow. (Aidan Turner plays Mitchell.)

"It's great to be around those kind of people," Tovey enthuses, "because they're obsessed with comics and science fiction. They live and breathe it. They know genre back to front … they're so involved in creating this world."

The North American version of Being Human, currently shooting in Montreal, will "super" star Sam Witwer, who played Doomsday on Smallville, as the vampire, with Sam Huntington — Jimmy Olsen in 2006's Superman Returns — taking over for Tovey as resident man-wolf. Local actor Meaghan Rath will play ghost girl Annie. It too will run on Space, which is co-producing.

TORSTAR NEWS SERVICES

TV's Vampires

A roundup of the latest about the other vampire series on TV.

- **True Blood** just keeps the plot rolling towards the season finale on Sept. 12. And the gossip keeps rolling as series star Stephen Moyer says he has apologized to Twilight star Robert Pattinson for calling his character the "Diet Coke of vampires" last year.
- **The Vampire Diaries,** returning on Sept. 9 to the CW, released a teaser online last week to People magazine, baiting the hook for Canadian Nina Dobrev's double role as good-girl Elena and vamp Katherine, who's stirring up trouble between brothers (one being hunk Ian Somerhalder) and who just may have killed Elena's dad.
- **Over in Britain** they're producing the third season of Being Human in Wales, but not without some possible non-human interference. The show's blog reports that actors are starting to wonder if their set is in fact haunted, as "It seems an unidentified figure has appeared three times, interrupting shots and even pushing a coffee cup across the room.

TORSTAR NEWS SERVICES

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TV watch list

Shaq, Barkley set to face off

GOLF. Shaquille O'Neal takes on his former NBA rival Charles Barkley again on Shaq Vs. Only this time, the two go head-to-head on the golf course in Dana Point, Calif. O'Neal also journeys to Vegas to take part in a hot dog eating contest.

- **Shaq Vs.**
  Reality
  CTV, ABC

Dancers look to avoid cuts

ELIMINATIONS. Two of the Top 20 dancers in Canada — one guy and one girl — will have to pack up their leotard and leg warmers and head home on So You Think You Can Dance Canada.

- **So You Think You Can Dance Canada**
  Reality — Competition
  CTV

THE CANADIAN PRESS

Malick hot for horses

When the cast of Hot in Cleveland smells horses, they know Wendie Malick has arrived.

Malick owns two quarter horses, Mikey Rose and Cassidy. She mucks their stalls and feeds them before going to work. She says her co-stars often tell her they notice the smell when she arrives.

Malick helped deliver Cassidy nine years ago. She slept in the hayloft of the barn for several nights until Mikey Rose's water broke. **THE ASSOCIATED PRESS**

Comic's original star

Stan Lee has been in the business way before it was mainstream His fan mail started out in crayons before evolving to typewritten letters

JEROD HARRIS/GETTY IMAGES FOR MYSPACE

Famed comic creator Stan Lee.

Stan Lee was a beloved figure to a generation of Marvel Comics readers who grew up captivated by his legendary creations like Spider-man, The Hulk, X-Men, and Iron Man.

Now that his characters dominate the movie box office, he's become a pop culture icon whose imagination is responsible for some of the great myths of the 20th century. Metro got a chance to speak to the superhero guru..

How did people react to you saying that you wrote comics when you started?

Nobody had any respect for comic books in those days. It was considered to be something that very young kids read or older people who weren't too bright. They were considered the lowest rung on the cultural totem pole.

When did that started to change?

I think Marvel Comics was really was responsible for that. At some point we started using college level vocabulary in our dialogue balloons and captions. We tried to make the stories more intelligent. We tried to play up characterization and give each one of our heroes and villains definite personalities. We concentrated on really good storytelling as best we could.

Did you ever think comic books could get this popular?

No, years ago I never could have imagined that comics would be the wellspring for so many huge movies and popular franchises. I don't think any of us in the business could have. I don't know where it's going. I hope it continues. I think as long as the people writing these things can come up with clever enough ideas to hold the audiences' interests, it'll keep going. Because people love this type of story. They're colourful, they're surprising, they're bigger than life, they're imaginative and that's what the fans like.

How did you first get into comics?

Oh, I was about 17 when I got into comics and people reacted like "who is this kid hanging around." I worked as an assistant to Joe Simon and Jack Kirby, who created Captain America. In those days, they still used pen and ink wells and I would fill the ink wells and erase the pages for them. I would also go down and get them their sandwiches at lunch. I was just a general office helper. Then one day Joe and Jack left and it was a very small department, just the three of us. So when they were no longer working there the publisher Martin Goodman said, "Stan do you think you can hold down the job as writer and editor until I get somebody who is a grown up?" When you're 17 years old, what do you know? I said, "Sure I can do it." I think he forgot to hire someone else and I was there ever since.

Are you still reading comics these days?

You know, believe it or not, I don't have any time to read any. I'll write them occasionally, but it's my lasting regret. I don't have time to watch enough TV or read enough comics. I'm too busy working.

How do you feel about these sorts of fan and comic book conventions now after having done them for so many years?

These fan conventions are absolutely wonderful. I like nothing better than to be with the fans and hear what they have to say. You know, years ago I used to travel around and give lectures at colleges. There would always be a question and answer period and that to me was the most important. It wasn't the information that I was giving them, it was what I was learning from them by the questions they would ask. I was always able to find out what they were the most interested in and that helped me write my stories. It's the same thing when I go to a comic book convention. **PHIL BROWN**

Friend comes to Cougar Town

Former Friends co-star Aniston reunites with Cox for a guest spot on her new ABC comedy series Aniston will portray a therapist

GETTY IMAGES

Jennifer Aniston will guest star on Cougar Town.

Jennifer Aniston will pay a visit to old "friend" Courteney Cox on the season debut of ABC's Cougar Town next month.

ABC said Monday that Aniston will portray a therapist who is being seen by Cox's character.

It's a one-episode visit, scheduled for Sept. 22.

The two actresses starred for many years on NBC's Friends.

Cox is in her second season of Cougar Town, where she plays a character hungry for younger men.

Aniston is promoting her new movie, The Switch. THE ASSOCIATED PRESS

Gaga is 'Twitter queen'

Lady Gaga has surpassed Britney Spears as the most followed person on Twitter — for now.

She has more than 5.7 million followers. She overtook Spears over the weekend and posted a video late Saturday on YouTube.

Gaga called her fans her "little monsters" as she thanked them for beginning "my reign as Twitter queen."

Spears, Ashton Kutcher, Ellen DeGeneres and an account run by President Barack Obama's political organization, Organizing for America, all have more than five million followers.

The most followed title often shifts rapidly, and fans frequently organize to boost their favourite's tally. THE ASSOCIATED PRESS

Celebrity tweets

Katy Perry [@katyperry] feel like I've been punched in the face, I am so tired.

Russell Brand [@rustyrockets] Twitter doesn't recognise the spelling of the word "twitter". And this blackberry isn't a berry. And my rocket is rust free.

Conan O'Brien @Conan OBrien] The NASA robot doing chores on the space station has its own Twitter account. I'm glad to see NASA is still shooting for the stars.

John Mayer [@johncmayer] If you miss the first 148 minutes of Inception, you won't understand a thing that's going on. METRO

Baci marriage ceremony

Jude Law and Sienna Miller reportedly took part in a Baci marriage ceremony while vacationing in Laos, according to the Daily Mail.

The pair had their wrists tied together and were blessed by a local shaman, though the ceremony isn't legally binding.

The traditional ceremony "usually takes place on the morning of the wedding and is followed by the wedding blessing by monks and feasting and drinking beer and rice alcohol in the evening," local sources tell the newspaper. "Jude Law and Sienna Miller will already be man and wife in people's eyes here." METRO

Winslet hand-in-hand with model

Kate Winslet.

Kate Winslet stepped out hand-in-hand in London recently with male model Louis Dowler, according to the Daily Mail, confirming speculation that the "Titanic" star is dating Dowler after her marriage to Sam Mendes came to an end earlier this year.

First introduced at a party by mutual friends, the pair had been spotted exercising together earlier this month in New York.

"They've been on lots of dates and get on really well," a source told the News of the World last month. "It's early days for them but they enjoy each other's company." METRO

Timberlake is Givenchy's newest face

Justin Timberlake has a new gig to add to his crowded resume, as he's signed on to be the face of an ad campaign for Givenchy's new women's fragrance, Play for Her.

"I said, 'You guys should go find a woman to help put this out,'" Timberlake tells WWD. But the campaign — featuring Timberlake and Twilight star Noot Seear getting cozy in Paris — was explained to him, he was all for it. "I thought, Oh that kind of makes sense." METRO

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ROMINA McGUINNESS

Certain pesticides linked to attention problems in young kids: study

FLICKR CC KIRSTEA

▶ Have a stress (and work!)-free holiday with these tips.

Having a happy holiday

It's the time of the year we all live for, those days when you can sleep in, eat when you're hungry and hang out Or so you would think ...

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Back in the day a holiday was a week at nana's that included eating sweets (calories don't count when on holiday) and splashing about in the sea. Today people have forgotten how to switch off, leading to the inevitable crash and burn of their mind and body.

Why holiday?

It's a basic human need

"Diversity is a basic human need. People get bored when their everyday is the same," says psychotherapist Marisa Peer.

Going on holiday and getting away and experiencing change is necessary for a healthy mind.

It gives your brain a break

"Technology has facilitated keeping in touch," explains Peer. "Without taking a break from your life back home, you won't benefit fully from your holiday."

It's also a time for re-assessing certain things such as the superficiality of life back home compared to the current simplicity.

It means you get to sleep

"Look at animals and how much time they spend sleeping," observes Peer. "Us humans are the same, we need to sleep and holidays are the rare time we can do so uninterrupted."

... and how to make the most of it

Plan ahead

For meditation guru Andy Puddicombe, planning holidays may sound like an exotic thing to do but the truth is it's pretty stressful.

"Not leaving everything to the last minute will avoid you running across the airport trying to catch your plane. The rush of adrenalin you get from missing your flight or forgetting your passport isn't exactly healthy so being prepared will make the whole experience far more enjoyable."

Comfort not catwalk

When you leave to jump on the plane or train, dress for comfort and not for the catwalk.

You don't want to be queuing up for passport control in sky-high heels or too tight trousers.

Comfortable clothing will make you feel more grounded so loosen your belt and put on some flats to feel more at ease mentally and physically.

Trade in Technology

Truly switching off is something most people struggle with.

They will worry about their inbox filling up with e-mails and unanswered phone calls. Instead of frantically logging in for updates or worrying sick as to what you'll have to deal with upon returning, come up with a digital strategy. Take 30 minutes every couple of days to answer mails and check up on things so as not to dread returning to the office.

Out of control

Recognize that most of the things that stress you out when you are traveling are out of your control. From your lost luggage to the rude passengers and delayed flight; Puddicombe's advice is to acknowledge from the very start that these things are out of your control in order to help you relax.

Expert tips

A BREEZY RIDE FROM THE MINUTE YOU LEAVE

MICHELE KINGSTON
NUTRITIONIST

1 Hydrate. The circulating air on planes can play havoc with your hydration, giving you headaches, dry mouth and dry skin. Make sure you are properly hydrated.

2 Keep moving. When seated, rotate your ankles, point your heel and toe alternately and lift your knees.

3 Boost your immune system. Two weeks before flying take multivitamins, minerals and a probiotics. Take the supplements while away too.

4 Fight jet lag. Set your watch to the time of your destination as soon as you get on the plane and try to sleep and eat at the appropriate times for where you are going.

5 Fuel up. Prepare light, nutritious snacks such as a wholegrain sandwich, a bag of nuts or fruit. Eating every few hours will keep your blood sugar levels from dropping.

A dizzying diagnosis

People with Labyrinthitis can sometimes feel panicky as their world is turned upside down

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Alison Anderson, 28, was diagnosed with labyrinthitis, a kind of catch-all term for several inner-ear disorders that cause dizziness

Alison Anderson woke up one morning a few years ago feeling very, very dizzy.

"The room was moving," Anderson, 28, said. "It felt like I was moving — and I was standing still."

The Montreal university student managed to make her way to a medical clinic where she was put through a series of tests similar to those used to test a person's sobriety.

She was asked to walk in a straight line, putting one foot in front of the other.

But she wasn't drunk.

Anderson was diagnosed with labyrinthitis, a kind of catch-all term for several inner-ear disorders that cause dizziness.

Ear, nose and throat specialist Dr. Anthony Zeitouni said the term labyrinthitis comes from the word labyrinth, referring to the part of the inner ear that helps control balance.

He said while it's common to hear some doctors use the term labyrinthitis to diagnose patients, a more specific diagnosis is usually arrived at by otolaryngologists (also known as ear, nose and throat specialists).

"Vestibular neuritis is a very intense vertigo that comes from the ear, probably viral," Zeitouni, who is the director of the Department of Otolaryngology at the Royal Victoria Hospital in Montreal, said in an interview.

"I think that's the one that most people tend to call labyrinthitis."

Zeitouni said vestibular neuritis is a viral inflammation of the vestibular nerve that is characterized by intense and sudden vertigo - a sensation that is rotational, like the room spinning.

It's a feeling kids who deliberately make themselves dizzy on a merry-go-round are familiar with, albeit fleetingly.

But vestibular neuritis is a condition that can take weeks to fully clear up, and often sends people to the emergency room of their local hospital with anxiety-provoking symptoms that include nausea, vomiting and involuntary back-and-forth eye movements called nystagmus.

THE CANADIAN PRESS

Compensate

▶ **Should you be concerned?** For most people the brain is able to compensate and patients will recover within a few weeks, but that a small minority don't compensate at all.

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60 seconds

A SIMPLE MESSAGE

Eat your greens! A new, persuasive study from the U.K. has found that eating at least one serving of leafy greens a day can reduce your risk of type 2 diabetes. Though it may sound familiar, there actually hasn't been much solid, scientific evidence to show that eating more fruits and vegetables is beneficial in reducing chronic disease. This was a huge study, and is therefore quite reliable. The message: Eat more fruit and vegetables, especially lettuce, spinach, kale, cabbage and cauliflower.

CELIA MILNE

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GUM DISEASE: PREVENTING PERIO-POCKETS!

Those lazy days of summer are fast coming to an end. When summer holidays end, we all seem to start working a bit harder at so many things. **Hopefully we all kept up with protecting our oral health.** The last thing we want to have to deal with while ramping up for autumn is the unpleasant news that our oral health is not what it should be.

It really does not take that long for bacteria and plaque to build-up on the gumline and then develop into **periodontitus, also know as "gum disease".** The longer the bacteria are allowed to remain, the more damage it will do to the gum tissue.

What happens is that the **gum tissue literally starts to recede**. You may have heard the expression "long in the tooth". It refers to people whose gums have receded, thus making their teeth appear longer. Aside from the unsightly appearance, it also leaves more and more of the tooth and the underlying root, ligaments and jaw bone exposed to greater levels of bacteria.

When the bacteria gains even easier access to those areas, the amount of damage it can do will increase. As it attacks these structures which support the teeth in place, their hold on your teeth will become weaker. Gradually,

Dr. Martin LaBoissonniere
Dental Surgeon

the teeth will become loose until they ultimately fall out or need to be removed. And gum disease is the number one cause of tooth loss in adults over 25 years.

To help protect against gum disease, one of the most important functions your dentist can provide during an examination is what we refer to as "**perio probing".** In conducting a "perio probe", your dentist or hygienist will use a dental instrument to measure the depth of the pockets in your gums around the teeth. With healthier gums, the depth of the pockets will be smaller.

Ideally, **the pocket around each tooth should be no deeper than 3 millimetres.** At 4 or 5 millimetres, your dentist may recommend that you return for more frequent dental examinations in the future.

For instance, instead of scheduling an appointment every 6 months, visiting every 3 or 4 months may be necessary so that the health of your gums can be more closely monitored. Improved oral health care practices at home, combined with more frequent visits to your dentist may be all that is needed to enable your gums to regain their health.

If your pockets measure 6 millimetres or more, you may require the services of a periodontist. Talk to your dentist if you have any questions in this regard.

Good oral health practices all year, including during the summer months, can help protect against gum disease. Regular brushing and flossing, combined with permitting your dentist to conduct a thorough examination will help keep your gums healthy!

Because having healthy gums is a healthy habit…and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere - Dental Surgeon

Eating well in August is easy

With a variety of crops becoming available, this is the best time of the year for fresh food lovers

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO NEWS

Juicy peaches at breakfast, bright red tomatoes at lunch and corn on the cob at dinner.

Get 'em while you can!

Eating fresh local produce is a great way to lose weight and pile on the antioxidants.

"August is one of the best months in Canada when it comes to variety of crops available," says Tristaca Caldwell, a registered dietitian and owner of Fueling with Food in Halifax, N.S.

"There is an abundance of tasty, fresh, nutrient dense foods available from your local farmer."

Go for deeply colourful veggies and fruits.

Peaches, tomatoes and corn are good sources of antioxidants, fiber, and potassium, says Caldwell.

Peaches and tomatoes are chock full of vitamin C.

No wonder we crave them at this time of year.

If you haven't been to a farmers' market in a while, now is the time to go, recommends Caldwell.

Fresh, local foods may be higher in antioxidants because they are harvested ripe and ready to eat, whereas foods that have to travel to supermarkets are often picked before maturity.

ISTOCK PHOTOS

▶ For lover's of fresh fruit and veggies this is the most wonderful time of the year.

Other local foods available in August are: beans, bok choy, broccoli, carrots, cauliflower, celery, cucumbers, eggplant, herbs, kale, lettuce greens, peppers and radishes.

"It's a great time of year to replace frozen or canned fruits or vegetables with fresh versions. Save preserved foods for the winter months when fresh options aren't available," said Caldwell.

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Harvard study condemns the eating of red meat

You've probably heard it before: Eat less red meat. Now, there's more evidence to support this advice.

A large study conducted at Harvard has found that eating chicken or turkey instead of beef, pork or lamb can cut women's heart disease risk.

Researchers say this probably works for men too. The study charted the eating habits of 84,136 healthy women ages 30 to 55 over 26 years, and analysed whether they got sick or not. The women were part of the Nurses' Health Study. Results indicate that each time you substitute red meat with poultry, nuts, fish, or low-fat dairy, you reduce your heart disease risk. Red meat contains baddies like heme iron and saturated fat, whereas these better sources of protein contain goodies such as fatty acids and polyunsaturated fats, which may protect against heart disease.

CELIA MILNE

▶ Chicken is considered the best alternative to red meat.

Ticker Trouble

▶ **By the numbers** Every seven minutes, someone in Canada dies from heart disease or stroke.

▶ **Breaking down the deaths** 30 per cent of male deaths and 31 per cent of female deaths in Canada are from cardiovascular disease.

Liquid Assets

Move over Argentina, let's see some fine Chilean wines

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Wine makers hog the media spotlight with the dexterity of Kim Kardashian; their neighbours in Chile have been quietly producing some of best wines made in South America.

Famous (almost to a fault) for its cheap, consistent table wines, Chile has had trouble finding a foothold in the market for much of anything else. It's a liquid travesty that takes on biblical proportions when you consider the diversity of styles and intensity of flavour you can squeeze out of the country for less than $15.

Though all the A-list berries are grown there; Chile's grape king (with all due respect to carmenère) is cabernet sauvignon. Brought from France in the mid-1800s, cabernet literally dominates the Chilean landscape: Producing the grape's full spectrum of red meat ready profiles from light and simple to full-bodied and enduring.

The dark, red fruit, young tannins and black coffee and wood finish of the 2009 Errazuriz Estate Cabernet Sauvignon ($13.00 - $15.25) shows its European influences.

Prices reflect the range across the country. Some products may not be available in all provinces.

The perfect pork chop

It's always nice when you can prepare a healthy meal with seasonal ingredients. It's even better when you can do it using only a couple pots and pans, making cleanup a breeze.

This recipe for roasted pork chops and peaches from the August issue of Real Simple magazine features a sweet and savoury topping of fresh fruit and herbs cooked in the same skillet as the meat. The pork and peaches are served over a bed of fluffy couscous to complete the meal. (Start to finish 30 minutes).

▶ Skillet Pork Chops and Peaches.

Ingredients :

- 1 pkg (284 ml/10 oz) couscous
- 15 ml (1 tbsp) olive oil
- 4 bone-in pork chops (about 1 kg/2 lb total), trimmed of visible fat (each 2 cm/3/4 inch thick)
- 3 ml (3/4 tsp) kosher salt (divided)
- 2 ml (1/2 tsp) ground black pepper (divided)
- 2 peaches, pitted and cut into wedges
- 1 small red onion, cut into thin wedges
- 45 ml (3 tbsp) red wine vinegar
- 125 ml (1/2 cup) fresh basil leaves, torn into pieces

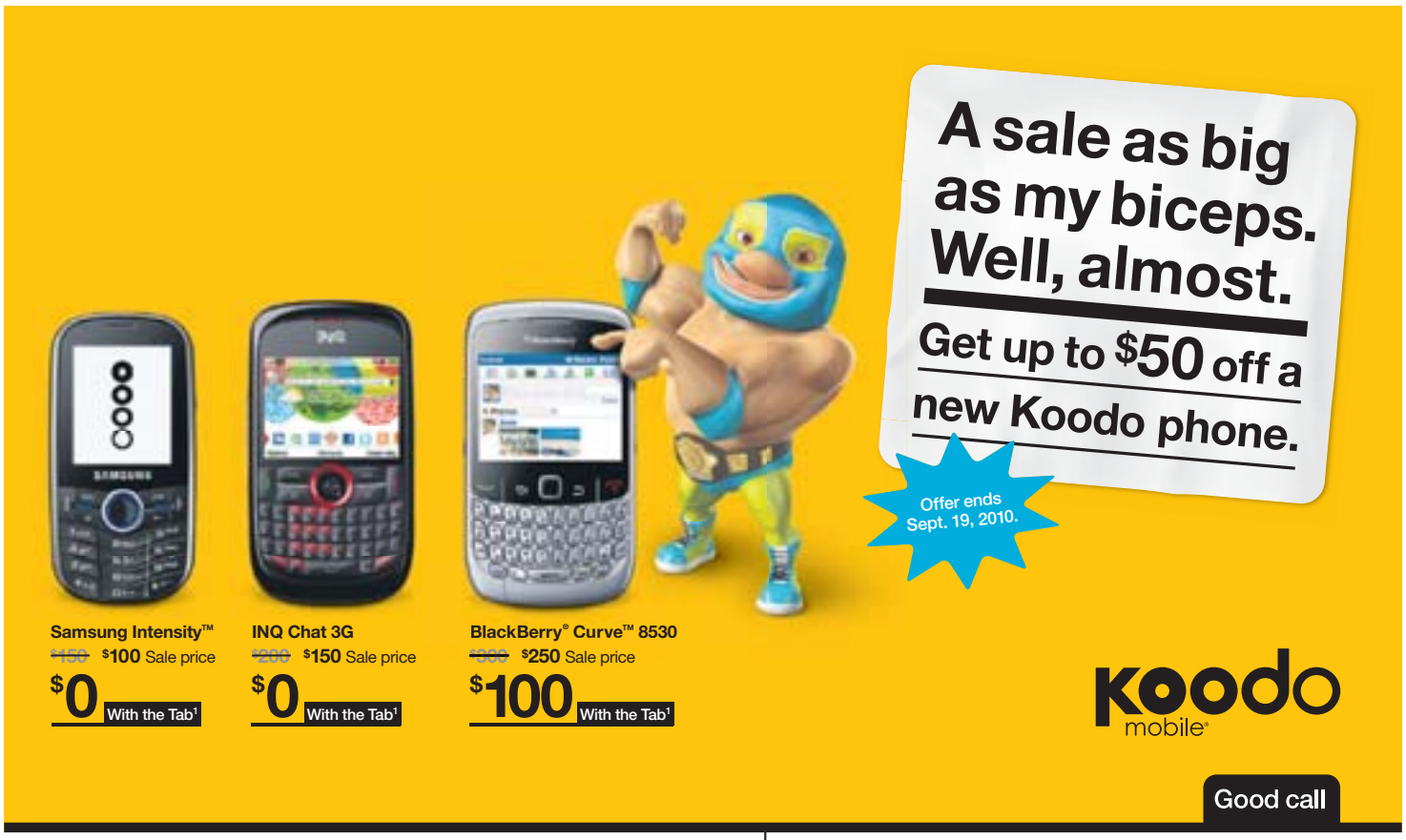
Preparation:

1. Heat oven to 200 C (400 F). Cook couscous according to package directions.
2. Meanwhile, in a large ovenproof skillet over medium-high, heat oil. Season pork with 2 ml (1/2 tsp) of the salt and 1 ml (1/4 tsp) of the pepper and cook until browned, 3 to 5 minutes per side. Transfer pork to plate.
3. Return skillet to heat and add peaches, onion, vinegar and remaining salt and pepper. Cook, tossing, for 1 minute. Return pork (and any accumulated juices) to skillet. Transfer skillet to oven and roast until pork is cooked through and peaches are tender, 8 to 10 minutes.
4. Sprinkle with basil and serve with couscous. Makes four servings.

THE ASSOCIATED PRESS

Correction

Yesterday's recipe for blueberry cinnamon coffee cake was missing the amount of sour cream needed to complete the dish. 250 ml (1 cup) sour cream is called for in the recipe. The recipe is available at metronews.ca/recipes.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SHY GUY'S SKY-HIGH PROPOSAL

How We Met: Tom & Tiffany

Names: Tom, 25, and Tiffany, 26

Hometown: Vancouver

Together since: 2005

Their story:

▶ Tom and Tiffany met during a night out at Whistler, B.C.

"Tom and I (Tiffany) met on December 21, 2005. I went up to Whistler, B.C., for a night of fun ... with my friend, who was visiting. We decided to head to a local bar. Tom didn't intend to go out that night, but at the last minute he decided to go to the bar where we happened to be at.

"He is very shy and not the type to approach a girl but says he was compelled to come on the dance floor and dance with me. We danced the night away and spent the next day together. I found out he was from Australia, and eight months later, I was living with him in Sydney.

"Although I'm now a permanent resident of Australia, we're both back living in Vancouver. It has been almost five years now, and we are the best of friends and are growing more in love every day.

"Tom (finally!) proposed to me on Valentine's Day on the zip-line over Robson Street during the Vancouver 2010 Olympics. We'll be getting married in March 2011 in Australia. We are very excited and can't wait for the big day!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

When love is an open book

Chin Ma is 25 and looking for love. He paddles regularly in the dating pools online, paying fees to navigate millions of profiles based on lengthy checklists and compatibility formulas.

So how'd he find his latest prospect? Through a book by Andy Warhol on Alikewise.com, a newcomer looking to connect people free of charge based on their favourite reads. It's a unique approach in a recession-hardy industry that has dozens of niche.

"Alikewise is more subject to your creativity than the larger sites," said Chin.

Hobbies and passions like reading are often included when daters describe themselves or their dreammates. Site users can search and be searched by the books and book opinions they put up next to their profile pictures.

Other users can leave comments about your books, and the site sends notifications when somebody adds the same title or books in the same general interest area.

"We think there's a different calibre of person who reads. You won't go onto our site and find guys with their shirts off."
MATT MASINA

CAITLIN GREER/THE ASSOCIATED PRESS

▶ This undated photo shows guests at an Alikewise.com launch party at in New York.

"There are plenty of niche dating sites, but they struck me as a bit too niche," said Matt Sherman who co-founded the site with Matt Masina. "They seem to orient themselves over one particular interest or type of person — athletics, religion. Our attitude is that books can be about anything. They're a means to an end to get the conversation going."

Sherman thought up the idea a couple of years ago after breaking up with his girlfriend, wondering if he'd ever find a woman who has read Nassim Nicholas Taleb's The Black Swan or F.A. Hayek's 66-year-old The Road to Serfdom. The site went live in mid-July and has about 1,500 users, split about evenly between genders.

The top subscription dating sites boast millions of users (Match counts 29 million), and the most popular free sites can have many thousands. Sherman and Masina aren't looking to compete by that measure. Who's to say what your love match likes to read anyway? What does it really mean if they're paperback people, Kindle lovers or hardcover fanatics?

CAITLIN GREER/THE ASSOCIATED PRESS

▶ Co-founders Matt Sherman and Matt Masina at an Alikewise.com party.

well read

Among the most popular books posted? Fitzgerald's The Great Gatsby. Among the most posted authors of the moment? Kurt Vonnegut and George Orwell. Stieg Larsson, Chuck Palahniuk and Jane Austen also pop up often.

Emmaleth, a 26-year-old woman from Fresno, Calif., put up "Oh, the Places You'll Go!" by Dr. Seuss: "Hello?!?! This man wrote the most poetic yet simple explanation of life! I LOVE this book and honestly I CRY sometimes when I read it. Yeah, enjoy knowing that." THE ASSOCIATED PRESS

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

FRUGEL AND GREEN

Going green doesn't mean you need to trade in your 2003 Ford for a shinny new $30,000 hybrid. Many green choices are simple and won't squeeze your bank account.

Reducing consumption of non-environmentally friendly products is a step towards going green and saving money. Homemade foods reduce packaging and are healthier than foods that are preserved in salt and other chemicals. Try paring down purchases so you won't over consume. Shop for fewer fresh groceries more often, so that less produce goes rotten. Take your own fabric bags and try to take public transit, carpool, walk, run, bike, or inline skate to the store instead. Save on utility bills by washing laundry in cold water. On cold days turn the temperature down a few degrees or on hot days reduce the air conditioning in your house.

Reusing and maintaining products extends their life and reduces waste. Consider buying quality used mechanical goods like lawnmowers, vacuums, appliances and cars. Consider selling or handing down clothing, furniture, computers, televisions, and other electronics to family, friends, and neighbours.

Contributing to a cleaner environmental future is everyone's responsibility. Start by making small changes to your daily consumption habits — choose cleaner, greener and cheaper options.

Let kids have a say in their allowance

Getting your kids involved in setting a back-to-school allowance means you'll have satisfaction all round

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

With school beckoning one's parental attention may turn to thoughts of relief … and money.

Kids need dough. It's not just about having money to spend, but about learning to handle one of life's most essential resources.

Many parents increase allowances on birthdays. But back to school is actually the best time of year for kids to get a raise. And I bet you won't get any argument when you broach the topic.

According to the U.S. site, threejars.com, 71 per cent of parents believe setting allowance should be a joint decision.

▶ Fifty-one per cent of kids spend their allowance all at once while 49 per cent of parents want money tied to chores.

Start by putting together a budget with your child. This is how I did it with my 13-year-old. Her passion then was (expensive!) graphic novels, costing about $26 each. We figured on one a month.

She also loved to buy a frosty drink and an Archie comic on weekends. We budgeted one per week at $4.50. Now we are up to $44. I also believe in saving both for short term goals and her own education. We calculated $10 monthly for short term saving (video games) and $10 for her college fund.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.250%
CIBC	0.70%
HSBC	0.75%
ING	1.50%
PCF	1.50%
RBC	1.0%
SCOTIA	1.15%
TD	1.1%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

The total came to $16 a week. To that I added another $2 for school special events such as pizza day. When I told her $18 was too rich for me she agreed to cut back to an Archie and frosty drink every other week.

She took her $16 weekly cheque to the bank once a week and once a month transferred $10 into a savings account and $10 into her RESP. The Canadian site, moonjar.ca also recommends a portion added for charity. My daughter decided she would donate half of her pay from her Saturday job in a stable.

Do this annually and you'll never have allowance tears.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

03-18-10

Fast Track French
Learn French in a French Environment

The New Fast Track French program offers:
- intensive 6 week (45-hour) classes.
- blended learning modules comprised of 27 hours of online training and 18 hours of in-class conversation.
- levels from beginner through advanced.
- adults who wish to learn French as a second language an opportunity to learn French in a French environment.

Starting the week of September 21st
Cost per level: $372.45

Register now!

For more information, contact:
Michele Hill: mhill@lacitec.on.ca
or 613 742-2483, ext. 2823
or visit: www.lacitecollegiale.com/formationcontinue.htm

Placement test:
When: September 1st or September 8th
Time: 6 p.m.
Where: room D3130 (Building D, 3rd floor)

EP-10-013

la cité collégiale
Le Collège des meilleures pratiques

Rogers Cup. The winner

▶ Caroline Wozniacki returns to Vera Zvonareva yesterday.

PAUL CHIASSON/THE CANADIAN PRESS

Back-to-back wins give Wozniacki her first Rogers Cup title

After two days of waiting out the rain, Caroline Wozniacki decided it was time to take care of business. With the semifinals and the final both held yesterday, the 20-year-old Dane dispatched Svetlana Kuznetsova 6-2, 6-3 in the semis. About two hours later, she downed another Russian, Vera Zvonareva, 6-3, 6-2 in the final to win the $2-million US Rogers Cup. "I did what I had to do," said Wozniacki, a first-time Rogers Cup champion.

THE CANADIAN PRESS

Tiger's marriage has run its course

Court grants divorce to golfer and his Swedish-born wife ◐ Couple will 'share parenting' of their children, but other terms not released ◐ Hearing was over in about 10 minutes

Tiger Woods and his Swedish-born wife officially divorced yesterday, nine months after his middle-of-the night car crash outside his home set off shocking revelations that the world's most famous athlete had been cheating on his wife.

"We are sad that our marriage is over and we wish each other the very best for the future," Woods and Elin Nordegren said in a joint statement released by their lawyers.

The divorce was granted in Bay County Circuit Court in Panama City, Fla., about 600 kilometres away from their Isleworth home outside Orlando. The couple had married in October 2004 in Barbados and have a three-year-old daughter, Sam, and a 19-month-old son, Charlie.

Terms of the divorce were not disclosed, except that they will "share parenting" of their two children.

The divorce was finalized by Bay County Circuit Judge Judy Pittman Biebel during a brief hearing in a conference room in her chambers, according to Biebel's judicial assistant Kim Gibson. The hearing was very brief, only about five or 10 minutes. Both Woods and Nordegren were present, along with their lawyers, Gibson said.

"I don't comment on active cases," Thomas J. Sasser, Woods' divorce lawyer, said. When asked why they chose to file in Panama City, Sasser said only it was a joint decision by the lawyers.

Woods' agent, Mark Steinberg, declined comment when asked if they had a pre-nuptial agreement or terms of the settlement. "We're not commenting beyond what was in the release," he said. THE ASSOCIATED PRESS

A single golfer

- Woods is to play this week at The Barclays.
- It will be his first tournament as a single man since he finished ninth in a World Golf Championship in Ireland in October 2004.

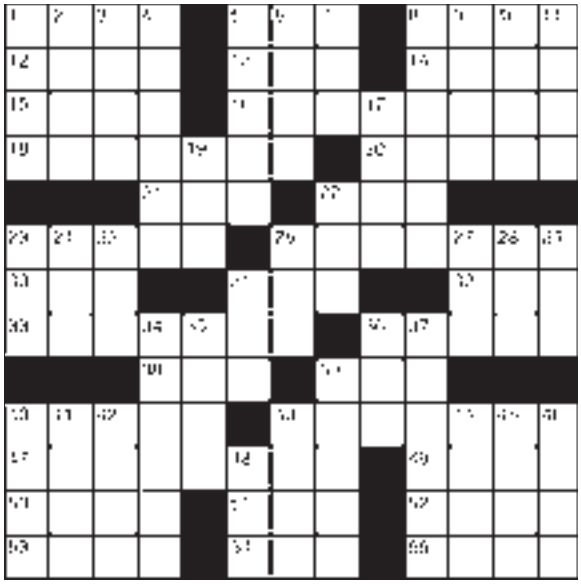
4 sports

Quoted

"If you guys want to talk about football, we'll talk about football. But to keep on talking about things outside of football to me is completely ridiculous."

WASHINGTON REDSKINS COACH MIKE SHANAHAN DECLINES TO DISCUSS HIS MEETING WITH DISGRUNTLED NOSE TACKLE ALBERT HAYNESWORTH YESTERDAY.

Crossword



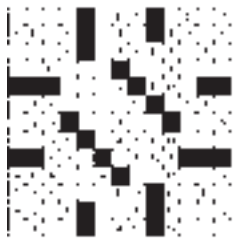
Across

1 Small plateau
5 Jewel
8 Bivouac
12 Speedy steed
13 Fish eggs
14 Operatic solo
15 Traps
16 Big business
18 Brings about
20 Eyelid troubles
21 Carpet
22 Skinny fish
23 Digging tool
26 Alphabetized, maybe
30 Tease
31 "— Miniver"
32 Churchill gesture
33 Gary's home
36 Young Scot
38 Sgt., for instance
39 Family
40 Estate owner
43 Not alfresco
47 New member
49 "American —"
50 Scratches (out)
51 Affliction
52 PBS science show
53 Morse code symbol
54 Surprise cries
55 Deuce topper

Down

1 Christmas trio
2 Ms. Brockovich
3 Beach stuff
4 Ridiculous
5 "Peer Gynt" composer
6 Long periods
7 Club —
8 A man's home?
9 Bohemian
10 Muck and —
11 Picks up the check
17 Secondhand
19 Prompt
22 Type measures
23 Tackle moguls
24 ATM ID number
25 Toss in
26 Retirement plan acronym
27 Roman 16
28 Always, in verse
29 Lair
31 6 on a phone
34 Flood
35 Flexible, electrically
36 Amount offered
37 Consecrate with oil
39 The bee's —
40 Told a whopper
41 "Diana" singer Paul
42 Mid-month date
43 Architect — Ming Pei
44 Smell
45 Bush adviser Karl
46 Do in
48 Pair

▶ Yesterday's answer



Sudoku

	1	3	8	7				
	5				6	8	2	3
	8		9		3			7
	7	4				3		1
5				8				4
2		1				5	6	
3			1		4		8	
7	4	9	2				1	
				9	7	4	3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	4	1	6	9	8	7	3	2
7	2	8	5	3	4	9	1	6
6	3	9	7	1	2	4	8	5
3	1	7	8	6	9	2	5	4
2	9	4	3	7	5	8	6	1
8	6	5	4	2	1	3	7	9
4	8	2	1	5	3	6	9	7
1	7	3	9	4	6	5	2	8
9	5	6	2	8	7	1	4	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

*To Diesel Fishback — my love, my best friend and my hearts companion. Wishing you a very special birthday this year! Loving you gets easier every day. *kiss** SRA

J, Happy Anniversary! 4 years and stronger than ever! I am so proud of you and everything you have accomplished! You're amazing and I love you so much! YOUR # 1 FAN XO

J.M. You've loved me for 9 years and have given me the best 2 years of my life. Wishing I only knew for the first 9 years but I'm looking forward to a life time. Love you truly madly deeply. My furry bear! GAGUTZA.

Happy 43rd Marky Q! May your birthday celebration be just as incredible as you are. I love you and can't wait to soon walk hand in hand with you, through our own private Cedar trail. AMORE E BACI

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 An assertive approach is a must today, even if you don't feel assertive at all. If others sense that you are having doubts they will try to exploit them.

♉ Taurus April 21-May 21 Someone will catch your eye today and you will do whatever it takes to get close to them. However, having got close you may then discover that the romantic spark is lacking, but maybe you can be friends.

♊ Gemini May 22-June 21 Everyone has problems but you seem to be under the impression that you have more than most other people. That simply isn't true. Today will highlight difficult issues, but by tomorrow they will have faded again.

♋ Cancer June 22-July 22 Travel and social plans will be disrupted today and there's not much you can do about it. The one thing you do have control over is how you choose to react to setbacks and delays.

♌ Leo July 23-Aug.23 Think carefully before committing yourself to anything of a financial nature over the next 24 hours. You may want to boost your earning power but you could lose as much as you gain. What's the hurry?.

♍ Virgo Aug. 24- Sept. 22 Life will seem more difficult than it really is, so stay calm and don't let your fears get the better of you. This is only a passing phase.

♎ Libra Sept. 23-Oct. 23 There is a strong possibility that you will have to rethink your plans today. On the work front especially what you want to do and what others want to do just won't go together.

♏ Scorpio Oct. 24-Nov. 22 You always speak the truth as you see it and what you have to say today may not be what others want to hear, so be ready for a backlash.

♐ Sagittarius Nov. 23-Dec. 21 You have been worrying about something you thought was important but the full moon will bring to light information that makes you realize it was of no importance at all. Don't stop smiling — humour cures so many ills.

♑ Capricorn Dec. 22-Jan. 20 There will be plenty in the way of gossip today, but not much in the way of factual information, so don't jump to conclusions and don't judge people on what others say about them.

♒ Aquarius Jan. 21-Feb. 18 Money matters and business issues figure prominently in your chart at the moment and today especially there is a danger you might take them a bit too seriously.

♓ Pisces Feb. 19-March 20 The full moon in your sign will bring out the emotional side of your nature — it's lurking there just below the surface. Cry, shout, scream – do whatever it takes to shift that emotional blockage. SALLY BROMPTON

LEE JIN-MAN/THE ASSOCIATED PRESS

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARTIN MEISSNER/THE ASSOCIATED PRESS

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AIR CANADA VACATIONS

Deals of the week

NON-STOP FLIGHTS

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Jan. 8 – 22 • 1 wk.
$1129
+Taxes & other fees (including service charges): $305

Gran Bahia Principe Punta Cana • 4 1/2★
All-Inclusive • Junior suite
Jan. 8 – 22 • 1 wk.
PRIVILEGES
$1359
+Taxes & other fees (including service charges): $305

CUBA

Varadero

Allegro Varadero • 3★
All-Inclusive • Superior rm.
Dec. 25 • 1 wk.
$1389
+Taxes & other fees (including service charges): $238
Departure tax: 25 CUC cash, paid locally

Santa Clara
Occidental Royal Hideaway Ensenachos • 5★
All-Inclusive
Royal spa premium rm.
Dec. 19 • 1 wk.
PRIVILEGES
$1669
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
Dec. 25 • 1 wk.
$1469
+Taxes & other fees (including service charges): $284

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Dec. 25 • 1 wk.
$1799
+Taxes & other fees (including service charges): $284

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1849
+Taxes & other fees (including service charges): $293

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Dec. 25 • 1 wk.
PRIVILEGES
$2049
+Taxes & other fees (including service charges): $293

TURKS & CAICOS

Beaches Turks & Caicos Resort Villages & Spa
EARN UP TO 3,000 BONUS AEROPLAN MILES‡
Luxury Included® Vacation for Everyone
Turquoise deluxe rm.
Dec. 20 • 1 wk.
$3499
+Taxes & other fees (including service charges): $249

FLIGHTS VIA TORONTO

SAINT LUCIA

Bay Gardens Inn • 2 1/2★
Standard rm.
Sept. 4 – 26 • 1 wk.
$839
+Taxes & other fees (including service charges): $238

BAHAMAS

Great Exuma

Augusta Bay • 3 1/2★
Continental breakfast
Oceanview queen rm.
Oct. 3 – 24 • 1 wk.
$1099
+Taxes & other fees (including service charges): $199

ANTIGUA

Jolly Beach Resort & Spa • 3 1/2★
All-Inclusive
Standard oceanview rm.
Sept. 4, 11, 18 & 25 • 1 wk.
$1169
+Taxes & other fees (including service charges): $249

USA

WASHINGTON, DC

Connecticut Avenue Days Inn • 3★
Double guest rm.
Oct. 1 – 31 • 3 nts.
$549
+Taxes & other fees (including service charges): $113

CRUISE

Princess Cruise Lines[1]

Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. JJ
Oct. 31 & Nov. 14 • 1 wk.
$989
+Taxes & other fees (including service charges): $284

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Prices in this ad are in Canadian dollars and are valid for bookings made between Aug. 24 & 28, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to Saint Lucia via Toronto are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ ‡Bonus Aeroplan Miles for Sandals and Beaches are based on 2 Aeroplan members occupying the room and are awarded at a rate of 500 bonus Aeroplan Miles per member for Luxury room, 1,000 bonus Aeroplan Miles per member for Concierge suite, or 1,500 bonus Aeroplan Miles per member for Butler service suite. For terms and conditions of the Aeroplan program, consult www.aeroplan.com ■ [1]Princess Cruises ships' registry: Bermuda. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

GET CAREER READY IN LESS THAN ONE YEAR!

Paralegal

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada.**

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility

Pharmacy Technician

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

Fitness & Health Promotion

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. Students develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

Medical Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 30 week diploma program and includes a 6 week co-op placement.

Personal Support Worker

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

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Accounting and Payroll Administrator

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. This program focuses on three key elements: obtain an understanding of the theoretical principles of accounting and payroll, practice the practical "hands on" skill required to do the job and master the communication skills needed to work within an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 33 week program.

Travel Counsellor

The Travel and Tourism industry is one of the biggest employers in the world. Through this program, you will obtain an understanding of agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be signing on live to SABRE, the premier electronic airline reservation system in the world!

This 28 week program includes a 2 week co-op placement.

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